

CEC

COMMUNITY & ENRICHMENT CENTER
WEEKLY NEWSLETTER
OCTOBER 1, 2021

CENTENNIAL MENTAL HEALTH PREVENTION POST

Find out about a strength-based approach to suicide prevention.

A FRESH LOOK

Our very own Shanna Peterson has been hard at work at on the Community and Enrichment Center grounds!

ONLINE CLASS: THE FELDENKRAIS METHOD®

The Feldenkrais Method® uses gentle movement to help increase your ease and range of motion and improve your flexibility and coordination. Join us to learn more and practice this technique..

WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus our September Meet and Eat Schedule

*If we can conceptualize
suicide prevention as
points of a flowing river...*

*When we see someone caught in
the current, we can imagine the
multiple opportunities for intervention
before reaching a waterfall...*



We could start a conversation; ask the question about suicide



We could refer to a professional and/or crisis line service

We can raise awareness with loved ones, increase a positive social network

Looking for more?



<https://www.samhsa.gov/childrens-awareness-day/past-events/2019/resources-suicide-prevention>

<https://www.sprc.org/>

The best suicide prevention lies upstream in a strength-based approach



We may all find ourselves at the water's edge or in the water at some point or another.

By using strengths such as **healthy activities**, spirituality, generosity, mentors, **positive friends**, family support, **physical health**, and **mental health** we can get ourselves out before we feel caught up in the current



<https://sourcesofstrength.org/>



<https://www.walkalong.ca/explore/self-help-exercises/identifying-your-strengths>

Looking for help exploring your strengths?



A FRESH LOOK

Outside The CEC



*A BIG Thank You
To Our Very Own
Shanna Peterson!*

Shanna Peterson has been hard at work at on the Community and Enrichment Center grounds! She has worked hard to freshen up our flower beds with new mulch and shrubs.

The City's Water department added a new sprinkler system to the flower beds along the walking path to the south of the CEC building. Next spring we plan to add new plants that will attract pollinators like bees and butterflies.

Shanna has also hand painted two benches that have also helped to dress up our outdoor space.

Thank you Shanna for all your hard work!



THE FELDENKRAIS METHOD®



Date & Time

Mon October 4 | 12:30pm–1:30pm MDT

Location

Online

Description

The Feldenkrais Method® uses gentle movement to help increase your ease and range of motion and improve your flexibility and coordination. Join us to learn more and practice this technique.

Feldenkrais will be offered every Monday.

This class is part of our Team Senior Planet program.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

OR Call in with a phone:

1-646-558-8656

Meeting ID: 170 361 931

WHAT'S HAPPENING?



HISTORY WALK

Please join the City Of Yuma's Historic Preservation Commission on Friday October 1st at 5:30pm for the rescheduled historic walking tour.

MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.


MEET AND EAT OCTOBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

OCTOBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>		 <p>Happy Halloween</p>	<p>SCALLOPED POTATOES & HAM WINTER MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 721 Carb: 96.5g Fiber: 9.6g Protein: 32.8g Fat: 24.5g Sod: 1001mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTY MIX VEGETABLES ONION ROLL PINEAPPLE TIDBITS</p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>	<p>4</p> <p>CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD w/ DRESSING FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p>5</p> <p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ANNA'S DILLY BREAK BANANA SPLIT FRUIT CUP</p> <p>SENIOR MEETING ~ 12:00</p> <p>Calories: 667 Carb: 80.4g Fiber: 9.9g Protein: 44.7g Fat: 20.6g Sod: 742mg</p>	<p>6</p> <p>HAM & BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE w/ BANANAS APPLE GRANOLA COOKIES</p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p>7</p> <p>ROAST BEEF MASHED POTATOES w/ GRAVY PEAS & CARROTS OATMEAL ROLLS PEAR ORANGE FRUIT CUP BUTTERSCOTCH BROWIES</p> <p>Calories: 732 Carb: 107.3g Fiber: 10.3g Protein: 33.9g Fat: 20.9g Sod: 757mg</p>
<p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE DARK BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>11</p> <p>BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES</p> <p>Calories: 660 Carb: 104.5g Fiber: 10.6g Protein: 28.0g Fat: 16.8g Sod: 867mg</p>	<p>12</p> <p>SWEET & SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 712 Carb: 106.9g Fiber: 9.9g Protein: 32.0g Fat: 19.1g Sod: 481mg</p>	<p>13</p> <p>BAKED FISH BAKED POTATO CAROLINA SALAD ANNA'S DILLY BREAD SLICED BANANAS</p> <p>Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg</p>	<p>14</p> <p>SALISBURY STEAK MASHED POTATOES PEAS & CARROTS ONION ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 745 Carb: 95.3g Fiber: 10.1g Protein: 43.6g Fat: 22.9g Sod: 739mg</p>
<p>18</p> <p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p>SPAGHETTI w/ MEATSAUCE TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p>19</p> <p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 672 Carb: 80.8g Fiber: 9.9g Protein: 36.9g Fat: 24.4g Sod: 620mg</p>	<p>20</p> <p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p>21</p> <p>TUNA PENNE CASSEROLE CABBAGE TOSS BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIES GRAPE JUICE</p> <p>Calories: 752 Carb: 118.9g Fiber: 11.6g Protein: 31.4g Fat: 20.6g Sod: 665mg</p>
<p>25</p> <p>SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p>BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p>26</p> <p>SMOTHERED PORK CHOP OVEN BROWNED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES & BANANAS OATMEAL NUT COOKIE</p> <p>Calories: 815 Carb: 107.1g Fiber: 9.7g Protein: 39.9g Fat: 27.7g Sod: 620mg</p>	<p>27</p> <p>TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p>28</p> <p>CABBAGE BURGERS BROCCOLI SALAD OREGON BERRY COMPOTE APPLE GRANOLA COOKIE</p> <p>Calories: 650 Carb: 89.7g Fiber: 11.5g Protein: 29.3g Fat: 21.5g Sod: 534mg</p>